

What is it?

The Healthier Montana Menu Challenge:

- Is a menu-based recognition program that meets nutrition criteria for breakfast, lunch and a la carte offerings;
- Recognizes schools serving healthy school meals that are consistent with the 2010 Dietary Guidelines for Americans and USDA's MyPlate;
- Applications are open to all Montana schools, regardless of participation level in the school meals program; and
- Allows schools to apply for all three components (breakfast, lunch, and a la carte) or for any one of the three.

Why Apply?

- **Recognition:** Receive a Healthier Montana Menu Challenge certificate; award-winning schools will be listed on the Montana Office of Public Instruction's Web site.
- **Media Coverage:** Receive local and statewide media coverage announcing your school's award.
- **Sense of Pride:** Recognize the fact that your school is providing the healthiest food possible while teaching children lifelong healthy eating habits.
- **Achievement:** Join an elite group of other school nutrition professionals who excel in healthy menu planning.



The application can be found
online

http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/index.html#gpm1_6

All schools are encouraged to apply.

Be a Healthy School Champion!



The Healthier Montana Menu Challenge

Montana Team Nutrition
202 Romney Gym, MSU, Bozeman, MT 59717
Project Coordinator: Molly Stenberg, RD
Telephone: (406) 994-7217, Fax: (406) 994-7300
E-mail: stenberg@montana.edu
Program Director: Katie Bark, RD
Telephone: (406) 994-5641, Fax: (406) 994-7300
E-mail: kbark@mt.gov
www.opi.mt.gov/MTeamNutrition

The Office of Public Instruction is committed to equal employment opportunity and non-discriminatory access to all our programs and services. For information or to file a complaint, please contact the OPI Personnel Division, (406) 444-2673.

The Healthier Montana Menu Challenge

Recognizing
Exceptional
School Meal
Programs



Montana Team Nutrition
Montana Office of Public
Instruction
School Nutrition Programs

September 2013

Criteria for the Healthier Montana Menu Challenge

Breakfast Menu Criteria*

- Three different fruits are offered each week on three different days (includes fresh, frozen, dried and canned in its own juice or light syrup)
- Fresh fruit is offered at least twice per week
- Seventy-five percent of grains offered weekly are whole grain rich
- Protein-rich foods (meat/meat alternates) are offered at least three times per week
- Limit the service of high sugar breakfast cereals and other high sugar items (≥ 7 grams of sugar per 1 oz serving) to one time per month
- Limit the service of high sugar breakfast items (like doughnuts, sweet rolls and toaster pastries) to one time per month (This does not limit from scratch baking.)
- School meals meet the USDA nutrition standards for reimbursable meals



Lunch Menu Criteria*

- School meals meet the USDA nutrition standards for reimbursable meals
- One additional 1/2 cup serving is offered weekly from any of three vegetable subgroups (dark green, red/orange, dry beans/peas) in addition to the meal pattern requirements
- At least 5 different fruits are offered each week with a different fruit each day (at least 1/4 cup serving size)
- Offer fresh fruit at least 2 times per week (at least 1/4 cup serving size)
- Sixty-six percent of the grains offered over the week must be whole grain rich
- At least 3 different types of whole grain rich foods are offered during the week on 3 different days.

*Breakfast and Lunch Menu Criteria are adapted from the USDA's HealthierUS School Challenge.

<http://www.fns.usda.gov/tn/HealthierUS/index.html>

Montana Team Nutrition Program
Telephone (406) 994-7217
<http://www.opi.mt.gov/MTeamNutrition>
September 2013

Competitive Foods Criteria**

**Consistent with the USDA's Smart Snacks in School Interim Final Rule, June 28, 2013



Check out the Smart Snacks in School webpage:
<http://www.fns.usda.gov/cnd/governance/legislation/allfoods.htm>

Summary of Smart Snacks in School Standards:
http://www.fns.usda.gov/cnd/governance/legislation/allfoods_summarychart.pdf

Smart Snacks in School Infographic:
http://www.fns.usda.gov/cnd/governance/legislation/allfoods_infographic.pdf

